Aqua Exercise
September 1, 2026 – September 30, 2026

In Person Classes
Schedule runs September 1st to September 30th and is subject to change

Registration for all classes start- August 20th

All classes are $3.00 per class except Silver Sneaker Splash or otherwise indicated.

PINK indicates New Time/New Class

Cost per class- $3.00 Members $10.00 Non-members Unless indicated different

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15-9:00AM Aquacise Lisa	8:15- 9:00 AM Aqua HIIT Teresa	8:15-9:00AM Aquacise Lisa	**8:15-9:00AM Aqua Step Lisa**	8:15-9:00AM Aquacise Lisa	**8;15-9:00AM Aqua Cycling Gracen**
10:30-11:15AM Deep Water Jog Sue				10:30-11:15AM Deep Water Jog Sue	
1:30-2:15 Water Movement Teresa	**1:30-2:15 Silver Sneakers Splash Gracen**	**1:30-2:15 Aqua Cycling Sue**	1:30-2:15 Silver Sneakers Splash Jennifer	1:30-2:15 Water Movement Jennifer	
6:30-7:15pm Aqua Bootcamp Laura S	6:00-6:45pm Aquacise Pam	**6:45-7:30pm Aqua HIIT Gracen**			

Aquacise: A low impact exercise class designed to increase muscle tone and flexibility with aerobic conditioning. No swimming skills required. ($3 / $10 per class)

Aqua Circuit: A water class with different stations either in the deep or shallow ends for a great body workout. ($3 /$10 per class)

Aqua Kickboxing: **A** series of cardio kick and punch combos to shape and sculpt the body. ($3 / $10 per class)

Aqua HIIT: This is a high intensity interval training class adapted for the water. It is designed to alternate periods of high intense intervals intermingled with periods of active recovery. The goal is to work your way up on your own intensity level and always keep moving. ($3 / $10 per class)

Aqua Step: A cardio workout using an elevated platform to step up and down while working against water resistance ($3 / $10 per class)

Aqua Boot Camp: A physically challenging water workout that will push you to your limits. The focus is on agility, cardiovascular and muscular endurance. ($3/$10 per class**)**

Deep Water Jog: A moderate intensity, no impact program with a warmup, aerobic workout and cool down. Floatation belts provide buoyancy and full range of motion. You can be in shallow water. ($3 / $10 per class)

Silver Sneakers Splash: A water exercise class for members designed by Tivity's Silver Sneakers. This low impact cardio class helps to improve range of motion and balance. (Free)

Water Movement**:** Using different ROM and water resistance to improve strength, cardio endurance, balance, and coordination. ($3/$10 per class)

AQUA CYCLING - Aqua cycling focuses on water resistance using speed, intervals, and power for a low impact exercise that targets the legs, arms, and core muscles providing a full-body cardio/ strength workout**. Space is Limited ($5 members/ $10 Nonmembers per class)**

Aqua Step, Bands & Bells - Water fun using the step for cardio and balance with adding resistance bells and bands for strengthening.